

Western Technical College

10317156 Breakfast & Lunch Cookery

Course Outcome Summary

Course Information

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| Description | Provides hands-on experience in all phases of short-order techniques. Students use various methods to prepare eggs, omelets, pancakes and breakfast meats as well as popular lunch items such as grilled sandwiches, burgers, and lunch specials. |
| Career Cluster | Hospitality and Tourism |
| Instructional Level | Associate Degree Courses |
| Total Credits | 2 |
| Total Hours | 72 |

Textbooks

Professional Cooking + Wileyplus. 9th Edition. Copyright 2019. Gisslen, Wayne. Publisher: John Wiley & Sons, Inc. **ISBN-13:** 978-1-119-40901-4. Required.

317-112, 317-115, 317-156 Lab Manual, Handouts and Recipe Packet. Western. Publisher: Western. Required.

Learner Supplies

Culinary Kit - \$186. **Vendor:** Campus Shop. Required.

Name Pin - \$5.00. **Vendor:** To be discussed in class. Required.

Black Pants - \$25-30. **Vendor:** To be discussed in class. Required.

Black baseball cap with Western's Logo - \$25. **Vendor:** Campus Shop. Required.

Black shoes with non-slip soles (no tennis) - \$35-40. **Vendor:** To be discussed in class. Required.

Chef Coat - \$25. **Vendor:** Campus Shop. Required.

Two potholders - \$5. **Vendor:** Campus Shop. Required.

White apron - \$7. **Vendor:** Campus Shop. Required.

White shirt (short sleeve with button down collar) - \$15-20. **Vendor:** To be discussed in class. Required.

Program Outcomes

1. Apply principles of safety and sanitation in food service operations.
2. Demonstrate culinary skills.

Course Competencies

1. Explore staple breakfast items and breakfast alternatives and their ingredients.

Assessment Strategies

- 1.1. Written Objective Test or Quiz
- 1.2. Skill Demonstration

Criteria

You will know you are successful when

- 1.1. you ascertain the types of quick breads and batters and their uses in the breakfast industry.
- 1.2. you produce quick breads and batters to industry standards of taste, texture, and appearance.
- 1.3. you ascertain the types of meat and their uses in the breakfast industry.
- 1.4. you produce breakfast meats to industry standards of taste, texture, and appearance.
- 1.5. you ascertain the types of eggs and their preparation methods in the breakfast industry.
- 1.6. you produce eggs to industry standards of taste, texture, and appearance.
- 1.7. you ascertain the types of dairy and their uses in the breakfast industry.
- 1.8. you ascertain the types of beverages used in the breakfast industry.
- 1.9. you ascertain the types of yeast breads and pastries and their uses in the breakfast industry.
- 1.10. you ascertain the types of cereals and grains and their uses in the breakfast industry.
- 1.11. you ascertain trending breakfast alternatives.

Learning Objectives

- 1.a. Examine the types of quick breads and batters and the preparation methods used in breakfast cookery.
- 1.b. Examine the types of meat and the preparation methods used in breakfast cookery.
- 1.c. Examine the types of eggs and the preparation methods used in breakfast cookery.
- 1.d. Examine the types of dairy and its role in breakfast cookery.
- 1.e. Examine the types of beverages used in breakfast industry.
- 1.f. Examine the role of yeast breads and pastries and their uses in the breakfast industry.
- 1.g. Examine the role of cereals and grains and their uses in the breakfast industry.
- 1.h. Investigate breakfast alternatives such as smoothies, bowls, burritos, and pizzas and their role in the breakfast industry.

2. Demonstrate breakfast quick bread and batter methods.

Assessment Strategies

- 2.1. Skill Demonstration

Criteria

You will know you are successful when

- 2.1. you produce crepes to industry standards of taste, texture, and appearance.
- 2.2. you produce pancakes to industry standards of taste, texture, and appearance.
- 2.3. you produce waffles to industry standards of taste, texture, and appearance.
- 2.4. you produce muffins to industry standards of taste, texture, and appearance.
- 2.5. you produce biscuits to industry standards of taste, texture, and appearance.
- 2.6. you produce French toast to industry standards of taste, texture, and appearance.
- 2.7. you produce food according to food safety and sanitation requirements.
- 2.8. you demonstrate kitchen etiquette to program standards.

Learning Objectives

- 2.a. Produce crepes.
- 2.b. Produce pancakes.
- 2.c. Produce waffles.
- 2.d. Produce muffins.
- 2.e. Produce biscuits.
- 2.f. Produce French toast.

3. Demonstrate breakfast meat preparation methods.

Assessment Strategies

- 3.1. Skill Demonstration

Criteria

You will know you are successful when

- 3.1. you produce breakfast sausage to industry standards of taste, texture, and appearance.
- 3.2. you produce breakfast ham, Canadian bacon, or ham steak to industry standards of taste, texture, and appearance.
- 3.3. you produce bacon to industry standards of taste, texture, and appearance.
- 3.4. you produce breakfast gravy to industry standards of taste, texture, and appearance.
- 3.5. you produce alternative breakfast meats to industry standards of taste, texture, and appearance.
- 3.6. you produce food according to food safety and sanitation requirements.
- 3.7. you demonstrate kitchen etiquette to program standards.

Learning Objectives

- 3.a. Produce breakfast sausage.
- 3.b. Produce breakfast ham, Canadian bacon, or ham steak.
- 3.c. Produce bacon.
- 3.d. Produce breakfast gravy.
- 3.e. Produce an alternative breakfast meat such as chorizo, turkey bacon, pancetta, lox, or steak.

4. Demonstrate egg preparation methods.

Assessment Strategies

- 4.1. Skill Demonstration

Criteria

You will know you are successful when

- 4.1. you produce an American and French omelet to industry standards of taste, texture, and appearance.
- 4.2. you produce scrambled eggs to industry standards of taste, texture, and appearance.
- 4.3. you produce a fried and basted egg to industry standards of taste, texture, and appearance.
- 4.4. you produce over-easy, over-medium, and over-hard eggs to industry standards of taste, texture, and appearance.
- 4.5. you produce a baked egg product to industry standards of taste, texture, and appearance.
- 4.6. you produce poached eggs to industry standards of taste, texture, and appearance.
- 4.7. you produce food according to food safety and sanitation requirements.
- 4.8. you demonstrate kitchen etiquette to program standards.

Learning Objectives

- 4.a. Produce an American and French omelet.
- 4.b. Produce scrambled eggs.
- 4.c. Produce fried and basted eggs.
- 4.d. Produce over-easy, over-medium, and over-hard eggs.
- 4.e. Produce hard-simmered, medium-simmered, and soft-simmered eggs.
- 4.f. Produce a baked egg product.
- 4.g. Produce poached eggs.

5. Explore staple lunch items and lunch alternatives and their ingredients.

Assessment Strategies

- 5.1. Written Objective Test or Quiz
- 5.2. Skill Demonstration

Criteria

You will know you are successful when

- 5.1. you ascertain the types of salads and their role in the lunch industry.
- 5.2. you produce salads to industry standards of taste, texture, and appearance.
- 5.3. you ascertain the types of salad dressings and their role in the lunch industry.
- 5.4. you produce salad dressings to industry standards of taste, texture, and appearance.
- 5.5. you ascertain the types of hot sandwiches and their role in the lunch industry.
- 5.6. you produce hot sandwiches to industry standards of taste, texture, and appearance.
- 5.7. you ascertain the types of cold sandwiches and their role in the lunch industry.
- 5.8. you produce cold sandwiches to industry standards of taste, texture, and appearance.

- 5.9. you ascertain the types of appetizers and their role in the lunch industry.
- 5.10. you produce appetizers to industry standards of taste, texture, and appearance.
- 5.11. you ascertain the types of cheese and their role in the lunch industry.
- 5.12. you ascertain the types of meats and their role in the lunch industry.
- 5.13. you ascertain trending lunch alternatives.

Learning Objectives

- 5.a. Examine the role of salads and their preparation guidelines for the lunch industry.
- 5.b. Investigate the properties of emulsified and oil-based dressings and their uses.
- 5.c. Examine the role of hot sandwiches and their preparation methods for the lunch industry.
- 5.d. Examine the role of cold sandwiches and their preparation methods for the lunch industry.
- 5.e. Examine the role and types of appetizers and their preparation methods in the lunch industry.
- 5.f. Examine the role and types of cheese and their preparation methods used in the lunch industry.
- 5.g. Examine the role and types of meats and their preparation methods used in the lunch industry.
- 5.h. Investigate lunch alternatives such as smoothies, bowls, and small bites and their role in the lunch industry.

6. Demonstrate salad preparation methods.

Assessment Strategies

- 6.1. Skill Demonstration

Criteria

You will know you are successful when

- 6.1. you produce a bound salad to industry standards of taste, texture, and appearance.
- 6.2. you produce a grain salad to industry standards of taste, texture, and appearance.
- 6.3. you produce a green salad to industry standards of taste, texture, and appearance.
- 6.4. you produce a protein-based entree to industry standards of taste, texture, and appearance.
- 6.5. you produce salad garnishes to industry standards of taste, texture, and appearance.
- 6.6. you produce emulsified and oil-based salad dressings to industry standards of taste, texture, and appearance.
- 6.7. you produce a professionally plated salad to industry standards of taste, texture, and appearance.
- 6.8. you produce food according to food safety and sanitation requirements.
- 6.9. you demonstrate kitchen etiquette to program standards.

Learning Objectives

- 6.a. Produce a bound salad.
- 6.b. Produce a grain salad.
- 6.c. Produce a green salad.
- 6.d. Produce a protein-based entree salad.
- 6.e. Produce salad garnishes.
- 6.f. Produce emulsified and oil-based salad dressings.
- 6.g. Produce a professionally plated salad.

7. Demonstrate cold sandwich preparation methods.

Assessment Strategies

- 7.1. Skill Demonstration

Criteria

You will know you are successful when

- 7.1. you produce cold sandwich spreads to industry standards of taste, texture, and appearance.
- 7.2. you produce cold sandwich fillings to industry standards of taste, texture, and appearance.
- 7.3. you produce cold sandwich garnishes to industry standards of taste, texture, and appearance.
- 7.4. you produce canapes to industry standards of taste, texture, and appearance.
- 7.5. you produce finger sandwiches to industry standards of taste, texture, and appearance.
- 7.6. you produce a professionally plated cold sandwich to industry standards of taste, texture, and appearance.
- 7.7. you produce food according to food safety and sanitation requirements.
- 7.8. you demonstrate kitchen etiquette to program standards.

Learning Objectives

- 7.a. Utilize breads and bread alternatives for cold sandwiches.
- 7.b. Produce cold sandwich spreads.
- 7.c. Produce cold sandwich fillings.
- 7.d. Produce cold sandwich garnishes.
- 7.e. Produce canapes.
- 7.f. Produce finger sandwiches.
- 7.g. Produce a professionally plated cold sandwich.

8. Demonstrate hot sandwich preparation methods.

Assessment Strategies

- 8.1. Skill Demonstration

Criteria

You will know you are successful when

- 8.1. you produce hot sandwich spreads to industry standards of taste, texture, and appearance.
- 8.2. you produce hot sandwich fillings to industry standards of taste, texture, and appearance.
- 8.3. you produce hot sandwich garnishes to industry standards of taste, texture, and appearance.
- 8.4. you produce a baked sandwich to industry standards of taste, texture, and appearance.
- 8.5. you produce a grilled sandwich to industry standards of taste, texture, and appearance.
- 8.6. you produce a professionally plated hot sandwich to industry standards of taste, texture, and appearance.
- 8.7. you produce food according to food safety and sanitation requirements.
- 8.8. you demonstrate kitchen etiquette to program standards.

Learning Objectives

- 8.a. Utilize breads and bread alternatives for hot sandwiches.
- 8.b. Produce hot sandwich spreads.
- 8.c. Produce hot sandwich fillings.
- 8.d. Produce hot sandwich garnishes.
- 8.e. Produce a grilled sandwich.
- 8.f. Produce a baked sandwich.
- 8.g. Produce a professionally plated hot sandwich.

9. Operate commercial kitchen equipment.

Assessment Strategies

- 9.1. Skill Demonstration

Criteria

You will know you are successful when

- 9.1. you operate the Alto Shaam CombiTherm oven to produce food to industry specifications.
- 9.2. you apply cleaning and sanitizing procedures to the Alto Shaam CombiTherm oven.
- 9.3. you operate the stacked convection ovens to produce food to industry specifications.
- 9.4. you apply cleaning and sanitizing procedures to the stacked convection ovens.
- 9.5. you operate the flattop/grill/griddle to produce food to industry specifications.
- 9.6. you apply cleaning and sanitizing procedures to the flattop/grill/griddle.
- 9.7. you apply equipment maintenance procedures.

Learning Objectives

- 9.a. Operate the Alto Shaam CombiTherm oven.
- 9.b. Operate the stacked convection ovens.
- 9.c. Use the flattop/grill/griddle.
- 9.d. Apply equipment maintenance and cleaning procedures.